

4-17-2020

PHOTO CONTEST WINNER

Congratulations to Highland Ball coach Rick Frommeyer for his photo showing off the proper technique for throwing BP in the age of social distancing and PPE. Rick will get a \$25 credit to the Highland Ball spirit wear store. Please send in photos of your players getting ready to play ball to highlandball@gmail.com. We will award a prize for best photo for each week that we get at least five entries.



REMOTE PLAYER DEVELOPMENT POST #3

As the weather warms and boredom builds, it's a great time to get the kids out of the house to work on their softball and baseball skills. Whenever we get the green light to start playing ball, we won't have the usual month of practice before games start so it's critical to get the players warmed up on their own this season. This week, we have compiled links to some of our favorite player development drills. Here are the links:

Softball

1. https://www.youtube.com/watch?v=Di4xi_jW8Yw&list=PL1fLAIQ5p1_VJ_SvkPHW_Vd7atQhdp3N – Softball pitching drills
2. <https://www.youtube.com/channel/UCF9BfB4Wlfdyo33K-l66FdA/playlists> – Highland Softball's very own youtube channel filled with drills

Baseball

1. <https://www.youtube.com/channel/UCgf9-zJ1kk7KYOu1y3Ywlfw> - Matt Antonelli is a treasure trove of baseball videos on YOUTUBE 147K followers
2. <https://www.yospn360.com/> FREE coaching by professional baseball players –this could be a GREAT resource for softball and baseball players.
3. <https://www.supersetapp.com/storefronts/mash-baseball-9> FREE Baseball Workout Library by our own local Minnesota Mash Baseball Academy